## ABSTRACT OF THE DISCLOSURE

Absorbent article such as a diaper and an incontinence guard comprising a pair of belt portions attached to the rear portion of the article and which are intended to be fastened together around the waist of the wearer, wherein one belt portion carries first fastening elements intended to be attached against the opposite belt portion and where the front portion exhibits second fastening elements intended to be attached to the belt portions, in such a way that the article will assume a pantlike shape, where the belt portions form a part of the waist portions of the pant. Each belt portion is provided with at least one indicium, being placed on an appropriate distance from the attachment of each belt portion to the rear portion of the article, whereby each indicium on one belt portion has its corresponding indicium on the opposite belt portion.